

# BARUNTSE EXPEDITION WITH MERA PEAK 2022/23

25 DAYS SPECIAL PROGRAM

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Start Date: 10th Oct to 3<sup>rd</sup> Nov 2022/23

Group Size: 2 to 12 pax

US\$ 8,999  
per person / tax inclusive

The logo features a stylized white mountain range silhouette above the word "Thamserku" in a white, handwritten-style font. Below "Thamserku" is the word "expedition" in a smaller, lowercase, handwritten-style font. Underneath "expedition" is the website address "www.thamserkuexpedition.com" in a small, white, sans-serif font.  
www.thamserkuexpedition.com

# THE HIGHLIGHTS



- Ascent of Mera Peak 6,475 for acclimatization before climbing 7,152 meters Baruntse peak.

- Baruntse summit, a close viewpoint of four eight thousand meters peak Everest, Lhotse, Makalu and Cho Oyu.

- A trek to Hunku valley and heli out to Lukla from basecamp and to Kathmandu.

- Organized by Thamserku with over 30 years of experience and guided by certified mountain guides and Sherpas.



## THE OVERVIEW

Baruntse a 7,152 meters peak is the central viewing point between Everest and Makalu. It is one of the most magnificent seven-thousand-meter peaks in Nepal with moderate difficulty. If you look from the Makalu or Everest area to the extreme southwest corner of the Solo Khumbu area, you immediately notice a wonderfully shapely ice pyramid. The Baruntse falls in all directions with cliffs and ice flanks onto the surrounding glaciers, only to the south, it sends a flawless, passable ridge down to the West-Col (6,143 m), the transition from the Makalu to the Everest area. Expeditions have repeatedly been carried out over this ridge in recent years, including regularly by Thamserku Expedition. Even just accessing the base camp is an

adventurous undertaking that allows you to get to know Nepal from one of its most remote corners. With the tactical move with the ascent of the Mera Peak 6,476 meters, you are well acclimatized and well prepared to be able to climb the Baruntse quickly, without wasting time.

The ascent of the Mera Peak Central 6,476 m is a glaciated high tour with short steep climbs up to 40 ° steepness. You should be an experienced crampon walker; you should be able to climb flanks with a steepness of 35-40° without a rope safety device. In addition to the usual trekking equipment, a pair of warm crampon-compatible mountaineering boots, crampons and an ice axe, as well as safety material, are required for the ascent.

# BARUNTSE EXPEDITION WITH MERA PEAK (7162M/6746M) 25 Days Special Program

Day	Program	Accommodation	Meals
Day 1	Arrival Kathmandu, transfer to Resort	Gokarna FR	B
Day 2	Free day in Kathmandu for equipment check & briefing	Gokarna FR	BD
Day 3	Fly to Lukla (2840m) and trek to Chhutenga (3000m)	Local Lodge	BLD
Day 4	Trek to Tulikharka (4320m) via Zatrwa la (4600m)	Local Lodge	BLD
Day 5	Trek to Khote (3600m)	Local Lodge	BLD
Day 6	Trek to Thangnak (4350m)	Local Lodge	BLD
Day 7	Trek to Khare (5100m)	Local Lodge	BLD
Day 8	Rest and acclimatization day at Khare	Local Lodge	BLD
Day 9	Climb to Mera High Camp (5780m)	Fixed Camp	BLD
Day 10	Climb Mera Peak (6476m) & descend to Kongmadingma (4950m)	Fixed Camp	BLD
Day 11	Trek to Seto Pokhari (5035m) via Honku Valley	Fixed Camp	BLD
Day 12	Trek to Baruntse Base Camp (5400m)	Fixed Camp	BLD
Day 13 - 21	Climbing Period (9 days)	Fixed Camp	BLD
Day 22	Return to Baruntse Base Camp	Fixed Camp	BLD
Day 23	Helicopter flight from Base Camp to Lukla & to Kathmandu via regular flight	Gokarna FR	BLD
Day 24	Free day/flight contingency day at Kathmandu	Gokarna FR	BLD
Day 25	Final Departure, Transfer to Airport		



## DETAILED ITINERARY

### Day 01: Arrive in Kathmandu, Gokarna Forest Resort

You will be met at the airport and transferred to Gokarna Forest Resort, built inside the Gokarna Forest. The forest used to be the hunting resort for the royal families of Nepal.

### Day 02: Free day in Kathmandu for equipment check & Government briefing

We will set this day aside to help you get some last-minute supplies or finalize any official documentation needed for the expedition. You will be briefed about the expedition program by our team members as well.



### Day 03: Fly to Lukla (2840m) and trek to Chhutenga (3000m)

We fly to Lukla early in the morning and depending on the time, we will either have breakfast at the resort or upon arrival in Lukla. You will be taking the 40-minute long domestic flight from Kathmandu Airport to Lukla landing on a narrow runway high above the Dudh Koshi River. Your guides, porters, and support staff will be waiting at the airport to help you settle in and plan for the expedition including getting all the necessary permits for you to journey on ahead.

From Lukla, we start our trek towards the east where our last stop will be Chhutenga. You will see several small Sherpa settlements along the way passing through mani walls and stupas. Eventually, you will walk through rhododendron and pine forests below



the Kalo Himal Ridge. While there are many trails along the way, just follow your guide and you will reach Chhutenga after a trek of about 4-5 hours. You will spend the night at a lodge in Chhutenga.

### Day 04: Trek to Tulikharka (4320m) via Zatrwa la (4600m)

After having breakfast at Chhutenga, we climb up a steep hill and go over the Zatravala Pass (4600m). It's a tough climb but the views of Kongdi Ri and Karyolang Peak and other numerous peaks make it worth it. From the top, it is an easy descent of 1 to 2 hours to Tulikharka. You will spend the night at a lodge here.

### Day 05: Trek to Khote (3600m)



We head into the Hinku Valley of the Khumbu region today, reaching our destination Kothe in 6 to 7 hours. There are mountain views you can enjoy along the way today with regular uphill and downhill trails. Forests of rhododendron, pine, and oak line your trail as you eventually make your way to Hinku Valley. You will also get your first glimpse of Mera Peak (6461m) and other snow-capped mountains. After a descent down



to the Hinku riverbed, you will make a final uphill push to reach your destination for the night: Kothe. Enjoy your stay here at a lodge and at the remote wilderness that surrounds you.

#### Day 06: Trek to Thangnak (4350m)

The 4 to 5 hours trek to Thangnak is an intriguing one. After breakfast, you make your way to the Hinku riverbed walking under the shadow of the mystical Mera Peak. Passing through the settlement of Gondishung, you will come across Lungsumgpa Gompa, a two-century-old monastery. It is said that lighting a candle or lamp at the monastery will make the Mera Peak summit a success so be sure to do that! The way to Thangnak is relatively smooth after this and while Thangnak is a pasture intended for yaks to graze in the summers, there are some lodges open for trekkers and climbers. You will be spending the night at a lodge in Thangnak.

#### Day 07: Trek to Khare (5100m)



Passing through steep moraine trails and glaciers, today will be difficult but as long as you go slowly, you will reach your destination, Khare, safe and sound within 5-6 hours. After passing through the snout of the Hinku Nup and Shar glaciers, you will have a

steep uphill climb of 3-4 hours until you reach Khare. Once you reach Khare, you will get majestic views of Mera Peak. We will be resting in Khare for two days to acclimatize and ready ourselves for the climb.

#### Day 08: Rest and acclimatization day at Khare

We will be resting in Khare to acclimatize and prepare ourselves for the climb to Mera Peak. You are free to explore the area but we advise you to rest and recover.



#### Day 09: Climb to Mera High Camp (5780m)

Today is the day we go to Mera High Camp, one step closer to our summit attempt at Mera Peak. It is a long day where we pass through Mera Base Camp (5300m) by climbing up Mera Glacier as well as Mera La Pass. After a steep ascent of 6-7 hours, we reach Mera High Camp and set up camp for the night, ready for the adventure in store for you tomorrow. Views of world-renowned peaks such as Everest, Nuptse, Baruntse, Chamlang, and Makalu are waiting for you at Mera High Camp.



#### Day 10: Climb Mera Peak (6476m) and descend to Kongmadingma (4950m)

It is a strenuous climb up glaciers and ridges but the summit of Mera Peak boasts of awe-inspiring views of the world's tallest peaks such as Everest, Cho Oyu, Makalu, Kanchenjunga as well as Nuptse and Chamlang. After spending some time at the summit, you will descend to Khongmadingma for another 5-6 hours where we set up camp for the night.

#### Day 11: Trek to Seto Pokhari (5035m) via Honku Valley

As you leave for Sanch Pokhari and enter Honku Valley, you will come across remote trails and challenging paths. However, the views of the Himalayas, especially of your destination, Baruntse, never leave your view. Views of Everest, Lhotse, and Nuptse are never far as you reach Panch Pokhari after trekking for 5 to 6 hours.



#### Day 12: Trek to Baruntse Base Camp (5400m)

You will leave for Baruntse Base Camp from Panch Pokhari, which stands for 'Five Lakes', which are lakes in the Honku Basin. Passing by magnificent views of the Himalayan Mountains, you will pass by these pristine lakes and traverse through snow and ice ridges until you reach Baruntse Base Camp where you will set up camp for the night.

#### Day 13-21: Climbing Period (9 days)

- Rest day - Puja - climbing training
- First Rotation
  - Climb to camp I (6143m)- overnight
  - Touch Camp II (6752m)
  - Descend back to basecamp
- Rest and prepare for the summit push
- Summit push
  - Climb to camp I (overnight)
  - Climb to Camp II (overnight)
  - Camp II to Summit and descend back to Camp II
  - Descend to base camp
- Reserve day at the base camp
- Packing and clearing the Base camp after the summit

**Note** - Be advised that the mentioned activities during the climbing period are tentative. The actual planning of the summit is made at the base camp by your climbing guide. The activities may change because of the unstable weather conditions in the Himalayas and your level of fitness. We advise you to book a Flexi flight and allow extra days in case you need them for the summit push.



#### Day 22: Return to Baruntse Base Camp (5400m)

After your summit attempt (or success), we will clean up after ourselves in a bid to conserve the mountains for future expeditions and to make our expedition an eco-friendly one. We give our thanks and heartfelt gratitude to our guides, porters, and the mountains for a successful journey (even with or without a summit).

#### Day 23: Heli Fly from Baruntse Base Camp to Lukla, Flight to Kathmandu

After a short heli flight, you will take a 25-minute flight back to Kathmandu where you will be greeted by our representatives. Back at the hotel, you will get to take a warm shower, rest, and have some well-deserved beer (or any drink of your choice!).

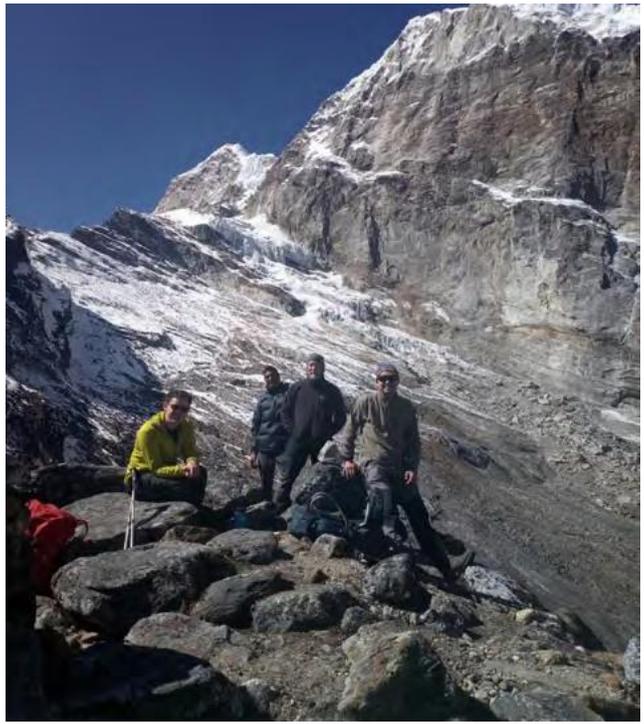
#### Day 24: Stay in Kathmandu

We will reserve this day to get your climbing documentation and certification (if the summits are successful). There will also be a short briefing from government authorities. You will then be able to enjoy the sights and adventures Kathmandu has to offer as well.

#### Day 25: Final Departure from Kathmandu

You will be transferred to the airport depending on your flight time. The airport check-in time is 3 hours before flight departure and the checkout time at the hotel is noon. If your flight is later in the evening, let us know if you would require additional use of the hotel room and we would be happy to accommodate you!







## Price & Services

US\$ 8,999 /Per Person  
(13% tax inclusive)

25 days Special Program

Group size: **2 to 12 Pax**

## WHAT'S INCLUDED?

### GOVERNMENT & RELATED CHARGES

- ✓ Baruntse climbing royalty fee
- ✓ Mera Peak climbing permit
- ✓ Makalu Barun National Park Permit fee
- ✓ Sagarmatha National Park Permit fee
- ✓ Khumbu Pasang Lhamu Rural Development Fee
- ✓ 1 X Government liaison officer with flight, accommodation, meals and wages
- ✓ Garbage deposit charges

### SERVICE IN KATHMANDU

- ✓ International and domestic airport transfers
- ✓ 4 nights in a five-star Resort in Kathmandu with breakfast
- ✓ Return flight from Kathmandu to Lukla
- ✓ 2 X Thamskerku Duffel bag per member (90L & 150L)

### SERVICE DURING TREKKING

- ✓ Accommodation: 6 nights in best available lodges 11 nights in tented camp on full board
- ✓ Hot water for drinking purposes
- ✓ Emergency medical Kit and oxygen during the trek
- ✓ Porters to carry trekking and expedition gears
- ✓ Assistance of Guide and Sherpa during the trek
- ✓ One way Helicopter flight from Baruntse BC to Lukla

### BARUNTSE BASECAMP SERVICE

- ✓ Tent on twin sharing with comfortable mattress
- ✓ Tent for climbing and Kitchen crew on twin sharing
- ✓ Kitchen, Dining, and toilet tent
- ✓ Solar panel/generator for light and battery charging
- ✓ 3 meals a day, snacks and unlimited tea and coffee

### SERVICE AT HIGHER CAMP: CI & CII

- ✓ North Face/Ozark/Red Fox on twin sharing for members and climbing crew
- ✓ High Altitude food for members and climbing crew
- ✓ Enough Epi gas, gas stove and cooking pot set for CI, CII, CIII and CIV
- ✓ 1 satellite phone for emergency and walkie-talkie for a member, Sherpa and basecamp
- ✓ Group safety equipment, i.e. extra rope, carabiners, ice axe, ice screw
- ✓ Portage of personal and group camping equipment
- ✓ Climbing Crew: Expedition Manager/ Climbing Guide and 1 personal Sherpa (1:1 ratio) for the summit
- ✓ One Cook and required number of kitchen helpers at the basecamp
- ✓ Equipment's, daily wages, carrying bonus and medical insurance for climbing crew/Sherpa
- ✓ Equipment's, daily wages, and medical insurance for Kitchen crew and porters

### WHAT'S NOT INCLUDED?

- ✓ Summit bonus of US\$1000 for climbing Sherpa once summit attempt is made from Camp II or US\$500 if dropped from basecamp
- ✓ Tips for personal climbing Sherpa (\$500), Kitchen crew (\$200) & porters (\$10/day)
- ✓ Oxygen, mask & regulator
- ✓ Unexpected increment in the royalty fee/climbing permit
- ✓ International airfare and Nepal visa fee
- ✓ Lunch and dinner in Kathmandu
- ✓ Extra nights in Kathmandu
- ✓ Personal travel, medical and rescue insurance
- ✓ Medical evacuation charge if required
- ✓ Personal trekking and climbing gears
- ✓ Service besides mentioned in inclusions example - extra oxygen, Sherpa and porters
- ✓ Other personal nature expenses i.e. alcoholic beverages and self-ordered hot drinks during the trek

# THE ESSENTIALS

## Mountaineering Gears Checklist (7000m to 8848m)

### BODY WEAR

1. Down Suit - Recommended Absolute Zero Over suit by Mountain Hardwear, or Ulvetanna Suit by Berghaus, or The Himalayan Suit by The North Face, or the Expedition Suit by Rab.
2. Down Jacket and a pair of Down Salopettes - Recommended Absolute Zero Parka and Absolute Zero Pants by Mountain Hardwear, or by Rab. - not very bulky
3. Waterproof Jacket and Over trousers that goes over your alpine boot
4. Balaclava - Recommended The North Face A3543 Unisex Wool Balaclava or similar covering nose and face
5. Long sleeve Thermal shirt and Trousers - Recommended anti-sweat
6. Fleece Jacket and Trousers - Recommended Patagonia, or The North Face, or Mountain Hardwear

### HAND WEAR

1. Liner gloves - thin and warm
2. Down mitts - Recommended The North Face, or Marmot Expedition mitt, or Mountain Hardwear Absolute Zero Mittand.
3. Mountain Gloves - Recommended water & windproof
4. Gore-Tex Primaloft Glove - Recommended the North Face, or Mountain Hardwear.
5. Smartwool Mountaineering Socks (2 pairs - new)
6. Ultra-Soft Running / Hiking Socks (2 pairs - new)
7. Mountaineering boot Recommended La Sportiva Olympus Mons Evo or Millet Everest GTX
8. Alpine boot - Recommended La Sportiva Men's Nepal EVO GTX Boot or similar

### CLIMBING EQUIPMENT'S

1. Climbing helmet - Recommended Black Diamond
2. Ski Goggles with UV protection and anti-fog system
3. Headlamp - Recommended Black Diamond & Petzl
4. Spare batteries - Recommended Energizer Ultimate Lithium batteries
5. Harness Set
  - a. Lightweight Harness - Recommended DMM Super Couloir, or Black Diamond Couloir Harness, or Mammut Ophira 3 Side climbing harness
  - b. Ascender (Jummer) - Recommended Petzl or Black Diamond
  - c. Abseiling device - Recommended Black Diamond ATC Guide Bley Device, or Petzl GRIGRI 2 Grey Belay, or Descent Device D14BG
  - d. Screwgate Carabiners (2 X large, 2 X small sizes) - Recommended Petzl or Black Diamond
  - e. Bent Gate Carabiners (2 medium sizes) - Recommended Petzl or Black Diamond
  - f. 6 mm rope - Recommended 2 meters UIAA tested
  - g. 6 mm rope - Recommended 5 meters UIAA tested
  - h. 1 X tape sling - Recommended 120 cm UIAA tested
6. Dynamic 8.9 mm rope (single rope) - Recommended 2 m UIAA tested
7. Classical Alpine ice-axe - Recommended (70-90 cm) Petzl, or Grivel Air Tech, or Black Diamond
8. Crampons that fits Mountaineering boots - Recommended Grivel G-12 New-Matic Crampons

## OTHER EQUIPMENT'S

1. 55-65 Liter Rucksack - Recommended POD Black Ice, Crux AK47 (extendable) and Crux AK57
2. Base Camp Duffel - XXL
3. 2 X 5 season sleeping bag with compression bag - Recommended North Face and Mountain Hardwear
4. 2 X 5 season foam sleeping mat - Recommended 72 x 20 inches (20 x 5 x 5.5 inches folded) and weigh around 14 ounces
5. Swiss Army Knife with a multi-tools system or leathermen
6. 1-litre stainless steel thermos - that works in extreme weather condition

## EMERGENCY CONTACT

1. Dawa Sherpa (Expedition Manager):  
+977-9801333616
2. Anjan Rai (Clients Relation Manager):  
+977-9823338761
3. Office Hours only: Thamserku Office:  
+977-1-5909982



## RESPONSIBLE TRAVEL

We are a partner with Travelife – sustainability in Tourism. We believe strongly in low impact or rather positive impact tourism. Broadly speaking this means that we try to minimize the negative aspects of tourism on the local cultures and environments that we visit and highlight the positive aspects.

## OUR HIGH EQUIPMENT PARTNERS

High equipment partners that our clients will get 20% off with our privilege card.



## TREKKING GEARS CHECKLIST (2000m to 5000m)

### HEADWEAR

1. Sun Hat/Normal cap
2. Fleece or woollen hat
3. Earmuffs/Ear warmers (optional)
4. Sunglasses with UV protection
5. Buff Scarf / thin face mask

### HANDWEAR

1. Fleece or woollen thin gloves
2. Gore-Tex mitten gloves

### BODYWEAR

1. Gore-Tex Jacket
2. Gore-Tex Pant
3. Hiking pant
4. Fleece trouser and jacket or warm jumper - Recommended not thick but warm enough that fits inside the Gore-Tex pant
5. Anti-sweat T-shirt
6. Thermal inner trouser
7. Down jacket with hoodie

### FOOTWEAR

1. Trekking boots
2. Hollow Out Outdoor Slipper
3. Trekking socks (4-5 pair)
4. Snow Gaiter

### OTHER EQUIPMENT'S

1. Sleeping bag (comfort rated - 15 °C)
2. 30 Liter Rucksack with cover
3. Large size Duffel Bag with padlock
4. Headlamp with spare batteries
5. Water bottles 1 Liter
6. Thermos
7. Basic First Aid Kit including antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), altitude (Diamox), painkillers, plasters and blister treatment, insect repellent, and re-hydration salts (Dioralite). Glucose tablets and multi-vitamin tablets are also a good idea.

### WASHING KIT & TOILETRIES

1. Waterproof washing kit bag
2. Towel - medium size
3. Washing soap, towel, tooth pest, toothbrush etc.
4. Sun Lotion Enough +30SPF (including total bloc for lips, nose etc.)
5. Handwash & sanitizer
6. Toilet paper (you can buy this in the lodges)
7. Wet tissues

### OPTIONAL ITEMS

1. Trekking poles
2. Trainers or similar for use in the lodges
3. Shorts
4. Baselayer leggings
5. Gaiters
6. Sleeping bag liner
7. Pillowcase
8. Earplugs (particularly if you are not the one snoring)
9. Camera
10. Pen-knife (remember to pack sharp objects in hold baggage)
11. Repair kit - (e.g. needle, thread, duct tape)



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